

If you are an essential worker working outside your home during the COVID-19 pandemic, there are important steps to take to keep yourself and members of your household safe.

At work, take these precautions:

- Wear a cloth face covering or mask.
- Wash your hands often with soap and water for at least 20 seconds.
- If no soap and water is available, use hand sanitizer containing at least 60% alcohol.
- Do not touch your face with unwashed hands.
- Practice social distancing as much as possible—keep at least 6 feet of space between yourself and others.
- Disinfect all shared space and equipment—don't share electronics with others.
- **Monitor your symptoms—stay home if you have symptoms of COVID-19.**

Symptoms include:

- Cough
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Muscle aches/pain
 - Sore throat
 - New loss of taste or smell
- Go home immediately if you start to feel sick.

When arriving home from work:

- Take shoes off before entering your home.
- Wash your hands before touching household items or interacting with household members.
- If wearing a cloth face covering, wash it before the next time you need to use it.
- Disinfect items used at work (e.g., phone, keys, etc.)
- Disinfect commonly touched surfaces in your home, such as doorknobs and faucets, daily.

When Off Work

- Limit time in public to essential errands only.
- Wear a cloth face covering whenever in public.
- Practice social distancing—keep at least 6 feet of space between yourself and others.
- Limit in-person contact for things like food delivery, banking, and doctor visits. Use virtual services as much as possible.